



Captain's Report to Clonliffe Harriers AC 2023 Annual General Meeting



Since last April's AGM the following have been the main activities:

May 2022:



5th – club Championships : 400, 1st Adrian Jordan 50.03. 5000, 1st Sean Doran (15.27).

15th – national 5 K Rd championships, Phoenix Park 1st Efrem Gidey (13.51), 3rd Sean O’Leary (14.47).
1st junior Darren O’Dwyer. Clonliffe 1st team (Efrem, Sean O’Leary 3rd, Darren O’Dwyer 11th, Cathal McHale 13th).

19th – club championships:200, 1st Keith Pike (22.33). 1500, 1st Efrem Gidey (3.54.10).

22nd – round 1 of the league in Belfast saw the men’s team finished well on top.

22nd – Loughborough international Marcus Lawler in a season’s best over 200 of 21.06.

27th – Cathal Doyle 3rd in the West region of the NCAA 1500 in 3.42.84 to qualify for the NCAA finals.

28th /29th – Leinster track and field Darren O’Dwyer 1500 junior silver, David Donegan M35 pole vault gold, Matt Slattery M70 200, 400, 800 gold, Joe Gibbons M60 javelin silver. Simon Galligan hammer gold, Stephen Cashin 5000 silver, Sean Cronin 800 silver

28th – in the European 10,000 cup in Pace, France Efrem Gidey announced himself on the European stage finishing 6th in a huge PB of 28.01.50 which was also a qualifying standard for the European Championships.

June 2022:



2nd – club 100 championship 1st Keith Pike (10.80). 800 – 1st Sean O’Leary (1.58.42).

3rd - Ian Guiden 1st in Bohermeean Patrick Bell 5K in course record of 14.17

11th – Cathal Doyle won the 1500 at the Portland track festival in 3.38.63.

12th – National 5 Mile Rd championships Phoenix Park 1st Ian Guiden 23.44. Tom Sherlock M35 gold, Anto Doran M35 bronze.

18th – Northern Ireland track and field championships 1st 200 François Coroller (21.84).

18th – Dunshaughlin 10k Road Race 1st Efreem Gidey in a new course record of 28.15.

24th – St Cocos 5K, 1st Ian Guiden 14.12 CR.

25th/26th - National senior track and field championships. Jayme Rossiter 1st 3000c, Eoin Sheridan the discus 1st (53.80), Cathal Doyle 1500 1st (3.59.36) in a tactical race. Marcus Lawler 2nd 400 (47.94), Efreem Gidey 3rd 5000 (13.57), Tom Pitkin 400 hurdles 3rd, Simon Galligan hammer 3rd. A most successful championship for the club with athletes taking 3 gold, 1 silver and 2 bronze.

30th – Luke Lennon Ford selected for World Championships on the 4 x 400 (mixed) relay squad.

July 2022.



2nd – Morton Games, a fantastic night's athletics promoted and hosted by the club. Highlights included a truly magnificent Morton mile won by Andrew Coscoran (Star of the Sea) on a photo finish from Cathal Doyle, as Cathal clocked his 1st sub- 4 – 3.57.11. A brilliant Albie Thomas 5000 with a very brave performance by Efrem but in the end it was Jackson Sharp (AUS), coached by Clonliffe's Mick Byrne, who won in a time of 13.33.77, as Efrem clocked a PB of 13.44.59 in 5th. There were Stadium records on the night by Jade Barber (USA) in the 100 hurdles (12.97), Nick Ponzio (ITA) in the shot (20.98), an Irish U/23 100 record by Israel Olantunde (UCD) and U/20 record in the mile by Nick Griggs.

5th – Cathal Doyle won the mile at the Cork city sports in a new PB of 3.56.35.

10th – National 10 mile Clonliffe 1st with a team of Karl Nolan, Tom Sherlock and Ger Kirwin.

10th – at the world Masters in Tampere, Finland M 70 Matt Slattery finished 5th in the 400 (66.60), 6th in the 800 (2.47.06) and Philip O'Doherty took M 60 half marathon team gold, having placed 7th individually in 1.24.17.

13th – at the BMC meet in Watford Cathal Doyle ran an 800 PB of 1.49.10, Jonny Whan a 1500 SB of 3.48.70.

17th - Niall Carbery National U/20 3000 sc gold.

17th – Chris Sibanda ran a 100 PB of 10.46 in London.

26th – Cathal Doyle 1500 pb in Germany of 3.37.57.

30th – Stephen Scullion was 10th in the Commonwealth marathon in Birmingham in 2:17.51.

31st – round 2 of the National League in Athlone, the men's team qualified comfortably for the league final.

August 2022.



4th – Efreem Gidey and Marcus Lawler selected for European Championships in Munich.

10th – Jonny Whan 1500 pb of 3.43.35 in Watford.

13th – National Masters M70 200 gold for Matt Slattery, apparently this was Matt 8th national 200 title, Cathal McHale M35 5000 silver, Philip O’Doherty M 60 5000 silver, Darryl Pigot M 55 200 silver, Niall Sherlock M35 400 silver.

14th – National track and field league final. The Clonliffe men’s team took the national title for the 7th successive time. There were 8 wins on the day: Simon Galligan in the hammer, Rolus Olusa 110 H, Greg Hossney 3000 race walk, Chris Sibanda 100, Fintan Kerins 800, Jonny Whan 1500, Rory Gunning, javelin, 4 x 100 relay. A brilliant performance by the team and I must pay tribute to the

entire squad for the efforts they made over the season, and it is a long season, the final taking place nearly 3 months after round 1

18th – European Championships in Munich, Marcus Lawler bowed out in the 200 heats having finished 7th in 21.10.

21st – European Championships, Munich – 10,000. Efreem Gidey with the race of his life finished 6th in a time of 27.59.22 after running a magnificent race.

September 2022.

10th – National half marathon, Ratoath the men's team of Karl Nolan, Ger Kirwan and Sean Carrigg took national silver. Philip O'Doherty M 60 silver.

October 2022.



1st – Northern Ireland Rd relays – the men's team of Sean O'Leary, Jonny Whan, Efreem Gidey and Ian Guiden took the NI championships in a new course record of 37.48.

8th – club 10 mile championships in Malahide 1st Anto Doran (59.05)

9th – Dublin novice cross country, men’s team of Ben Coughlan, Niall Carbery, Cathal McHale and Fintan Kerins took silver.

9th – Efrem Gidey won the 4 mile international race in Gromingen, Netherlands in 17.50.

15th – Cardiff International cross country – a contingent of Clonliffe athlete travelled for this event as part of the preparations for the national cross country, it proved to be a well worthwhile event, the clubs top finisher in the senior men’s race was Jayme Rossiter in 22nd and in the junior men’s race Niall Carbery 27th. The travelling party include senior men & women and junior men.

30th – Dublin city Marathon Gary O’Hanlon was 10th overall, 4th in the national and 1st M 45 in a time of 2:25.15. In addition to Gary there were sub three-hour times recorded by another 8 Clonliffe athletes.

November 2022.



6th – Dublin cross country championships in city West. The Clonliffe men’s team took 1st – Efrem Gidey 1st, Ian Guiden 4th, Sean O’Leary 5th, Sergiu Ciobanu 9th. The junior men’s team of Niall Carbery, Cillian Keegan, Ronan Donohue and Cian Murray took silver.

12th – British and Irish Masters cross country Karl Nolan was on the Irish M35 team placing 37th and won team silver.

20th – National senior cross-country in Rosapenna, Co Donegal. The men’s team after a dogfight regained the national title finishing a mere 3 points ahead of East Cork AC. The scoring 4 were Efrem Gidey 4th, Sean O’Leary 15th, Jayme Rossiter 24th and Sergiu Ciobanu 43rd. Non-scorer’s – Ian Guiden, Stephen Cashin, Eoin Pierce, Jonny Whan. This was Clonliffe’s 35th national senior cross-country win. The junior men’s team of Niall Carbery, Sean Cronin, Lorcan Benajcar, Tom Breslin,

Ronan Donohue, Oran McGowan, Leon Brady and Jack Woods finished well out of the medals but with the vast majority team being U/18 will all benefit enormously from the experience.

23rd – Efreem selected for the European U/23 cross country and at the AAI awards lunch was named as Irish endurance athlete of the year.

27th – the Clonliffe 2 came back to Glasvevin this year. The numbers were capped at 200, it was a very good race which was won by Kieran Kelly (Raheny) in 9.10. Sean O'Leary was 2nd with Sean Cronin 3rd

December 2022.



4th – National novice cross country at Conna, Co Cork, the men's novice team was weakened by injuries and withdrawals and finished well out of the medals in 11th there was a fine run by Niall Carbery in 19th.

11th – European cross-country Turin Efreem Gidey battled away to 5th place leading the Irish team to bronze

11th – Dublin intermediate cross country Cathal McHale silver, however again the team placed out of the medals.

17th – club cake race in Santry, Saturday afternoon on the country was held over 3000 M, combined men and women's race with 60+ starters. The men's race was won by James Dunne with the fastest time recorded by Ian Guiden (8.50).

17th – club athletes of the year: Junior Sean Cronin, master Edel Maguire, men's track and field Cathal Doyle, men's road/cross country Efreem Gidey, women's track and field Leah Bergin, women's road cross country Laura Tuite, Harrier of the year Rolus Olusa.

18th – International 10k road race in Paris – Efrem placed 9th in a new road PB of 28.13.

January 2023



8th – Dublin Masters cross country, St Annes Park Raheny. The M35 men took silver, Karl Nolan led the team home in 3rd place with Tom Sherlock 4th, Cathal McHale 5th and Niall Sherlock 24th. Philip O’Doherty took M 60 silver, the M 65 team of Martin Tracey, Declan Murray, Colm Doran and George Maybury took silver. Pat Devitt M70 gold.

8th – round 1 of the indoor league and the great start to the campaign with the team grabbing the initiative from the word go and carrying a substantial lead at the end of the round.

14th – club cross country, again a combined race in the great turnout of athletes. The men’s champion was Ian Guiden, Stephen Cashin 2nd Sean O’Leary 3rd.

15th – Efrem again was running internationally this time in Valencia in Spain over 10 K he finished 13th in a world-class field in a time of 27.57.

22nd – round 2 of the indoor league and the team continued where it left off totally dominating to qualify for the final.

29th – Raheny 5 mile, Clonliffe 1st – Ian Guiden 4th, Sean O’Leary 6th and Niall Carbery 22nd. In the junior category Clonliffe athletes filled the top 3 positions.

February 2023.



5th – an excellent performance by the men’s cross country team saw them finished 8th out of 26 teams at the European clubs in Oropesa, Spain. , Efreem 7th, Sean O’Leary 41st, Jayme Rossiter 45th and Ian Guiden 60th. In the open 5K race Stephen Cashin was 1st (15.02).

5th – National Masters indoors Darryl Pigot M 55 400 gold, Tom Sherlock M35 1500 silver and 3000 bronze, Niall Sherlock M35 800 silver and 1500 bronze.

9th – Armagh international 5 K Rd race in Guiden 21st in PB of 14.01. 3000 Declan Power 2nd M 50.



11th – national indoor league final, another brilliant team performance saw the men’s team regain the national indoor league title. The win was built on 6 maximum points taken in the 4 x 400 relay, the 4 x 200 relay, Rolus Olusa winning the 60 hurdles and pole vault, Eoin Sheridan shot put, François Coroller 400. . The team topped the standings on 110 points well clear of defending champions Leevale on 94 points. Winning of the National League means that all for major team titles now reside in Santry – the national road relays, national track and field league, national cross country and national indoor league.

11th – Tudor Mireca won the national 50 K Championships in Donneda (2:59.04).

12th – National intermediate/Masters, Gowran, Co. Kilkenny. A pretty disappointing day for the men finished in 4th place, one point off 3rd and 3 points off 2nd. There were great runs in particular by Niall Carbery 7th and Ben Coughlan 14th. The Masters was particularly disappointing as we failed to field teams in anything except M 65 where the team of Martin Tracey, Declan Murray, Colm Doran and George Maybury finished 4th

18th/19th – National indoor track and field, a great Championships for the club Eoin Pierce repeating his 2019 success by winning the 1500, those also gold for the 4 x 200 relay team, in what was a new national club record of 1.27.49, the team was Marcus Lawler, Chris Sibanda, Aaron Tierney Smith and Craig Duffy, Marcus had also taken 200 silver the day before, the was bronze for Rolus Olusa the pole vault. Club records were set in the 4 x 200, the 200 by Marcus Lawler and the 60 Chris Sibanda.

19th – new Clonliffe Harrier Gavin Cogle based in the USA ran an indoor 200 PB of 21.66 and the following week a 400 pb of 47.76.

26th – Duleek 5 K Rd race – the men’s team of Mahad Mohamed, Cillian Keegan, Sean McGarrity and Dermot Buckley took the honours with PB’s all-round.

26th – winter throws Dunboyne Eoin Sheridan 1st discus 50.33, Simon Galligan 2nd hammer 55.83.

March 2023.

5th – Lusk 4 mile 1st Ian Guiden 18.57, 2nd Sean Cronin 19.37.

11th – Efrem Gidey 2nd 10k Villa de Laredo, Spain 28.17.

11th Leinster Indoor championships: 200 2nd Marcus Lawler 21.10 (CR), Tom Sherlock M35 1500/3000 gold. Niall Sherlock M35 800 gold. Thomas Moran M45 60/200 gold. Matt Slattery M70 200 gold.

11/12th- Rolus Olusa Leinster Indoor Heptathlon Gold.

18th – Dublin Novice 5k Road C'ships, Tallaght. 1st Team: Mahad Egaal, Fintan Keirns, Sean Owens, Sean Carrigg. Mahed 3rd individual.

Year in Summary:

Team champions:

National track and field league

National senior cross-country

National indoor league

National 5k

National 10 mile

Dublin senior cross country

Northern Ireland Road Relay.

National individual champions:

Eoin Sheridan – discus

Cathal Doyle – 1500

Jayne Rossiter – 3000 SC

Eoin Pierce – 1500 indoor

4 x 200 (Marcus Lawler, Chris Sibanda, Aaron Tierney Smith, Craig Duffy) relay indoor

Efrem Gidey - 5K Road

Ian Guiden – 5 mile Road

Tudor Mireca – 50k Road

Niall Carbery – U/20 3000 SC

Matt Slattery – M70 200

Darryl Pigot – M55 400 Indoor

New Club records:

4 x 100 relay (Pierce Friel, Keith Pike, Leo Morgan, Chris Sibanda)

Indoor 60m Chris Sibanda

Indoor 200 Marcus Lawler

Indoor 4 x 200 (Marcus Lawler, Chris Sibanda, Aaron Tierney Smith, Craig Duffy)

Senior International Representation:

Efrem Gidey – European Track & Field championships 10,000, European 10,000 Cup, European U/23 Cross Country.

Marcus Lawler – European Track & Field 200.

Luke Lennon Ford – World Championships Mixed 4 x 400 relay squad

Leo Morgan – 4 x 100 relay Greece

Stephen Scullion – Commonwealth Marathon (Northern Ireland)

The above does not take into account other club activities including the ongoing club Grand Prix series under Mick Kearney which continues to provide racing opportunities for all our athletes. The series was hampered obviously due to the lack of a track over the latter part of the season.

Other matters provided during the year included 2 cross country squad days, A nutrition Work Shop support to athletes for warm weather training, physio, overseas travel, rewards to national champions and record breakers.

Just to back track a little on Morton Stadium and the track I continue to liaise with DCU and am the club's representative on the Morton Stadium advisory group. Progress to date on the stadium is the completion of the indoor track, HP gym, dressing rooms, showers and toilets. There is ongoing work on the refurbishment of the main stand and that works will be completed soon. The outdoor track works are expected to recommence late March/early April and of course subject to the weather conditions it is hoped that all will be completed at the end of May. The club will be actively involved in the planning in respect of phase 2 of the stadium redevelopment over the course of the next 5/10 years. Can I please reassure all and ask you all to ignore the rumour mill, Morton Stadium is and will remain as the national athletic stadium, Clonliffe Harriers position is absolutely secure. Morton Stadium will not become student accommodation!

Whilst we await for the outdoor track to be available we have booked track time for athletes at ALSAA.

Can I commend all of our athletes on their performances and attitude throughout the course of the year. It has not been easy without having our home base but I've been so impressed by the 'get on with it' approach of all. The progress and success of our great club has not been hampered in any way.

Finally to thank all of our club's coaches for their work, dedication to our club and for their support of me and our club. My two fantastic vice captains Gerry Cullen and Keith Pike for their support, advise and counsel. The club secretary Stephen Bateson, treasurer Brian McDonald and the entire committee for their support of our athletes and of course our outgoing President Paddy Marley after an extraordinary 18 years of leadership. Paddy has lead our club through good times and hard times and always with professionalism, dignity, honour and pride in Clonliffe Harriers. I want to thanks Paddy sincerely on behalf of our athletes for everything he has done for this club. It has been my personal privilege to have been at his side.



Nil desperandum.

Noel Guiden, Club Captain